ENTERING CHEYENNE – ARAPAHO NATION

Cheyenne & Arapaho TRIBAL TRIBUNE

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Developments in Northern Cheyenne missing person's case come from Native visions

By Clara Caufield, Native Sun Correspondent

BUSBY, MT-If the visions received by two Native seers are correct, the mystery of a missing Northern Cheyenne man could be solved. James Limberhand, 33, has been missing since August 2014. Search and rescue efforts and investigations by Crow BIA police have been unsuccessful to date. Yet, two different Native Americans, from two different states recently provided two identical insights about his disappearance and whereabouts to the family.

David Sage, Southern Cheyenne, Camp Deering, Wash., and Catherine Tabaha, Navajo, Windowrock, Ariz., both contacted the Limberhand family by telephone to advise them that James' body is buried between two trees near a bridge on the Big Horn River. Neither of these individuals previously knew the Limberhand family, neither has visited the site or Montana and they do not know each other, even now.

"We are still the people who can see," explained Sage, retired health care worker. "When I read the story about James in the Dec. 1, 2014 *Cheyenne and Arapaho Tribal Tribune*, I 'saw' what happened. I can still see it. All they have to do is look in that spot and they will find him. They need a tracker or dogs."

Sage advised that searchers pinpoint an area near a bridge. There are actually three Big Horn River bridges within three quarters of a mile from the site where Limberhand was last seen, the entire river is flanked by large cottonwood trees.

Catherine Tabaha became involved at the request of Northern Cheyenne tribal members, related by marriage.

"They asked for help. Where is James? What happened to him, they asked. In our way, we try to help through the All Hand Trembling Ceremony used by the Navajo for predictions. It told me, describing what happened. He is not to be found in the location shared with the family by the witnesses. I see a bridge and he is a little ways away from it. He wants to be found," Tabaha summarized.

Questioned about the possibility of foul play in the disappearance, both of these traditional Native people agreed that was a distinct possibility.

"I saw violence," Tabaha reported. Sage was more blunt, "I think they killed him and then buried his body."

In events spanning several states, Native people have found themselves connected in the effort to encourage law enforcement to aggressively investigate the case. One of them, Rosemary Stephens, editor of the *Cheyenne and Arapaho Tribal Tribune* commented, "There are no coincidences. Normally, we do not print Montana stories, but when I saw the *Native Sun* story about James, I was compelled to re-print it. And then, David Sage, one of our tribal members living in Washington read the story and this happened. It makes me believe that James' spirit has connected us in one big circle calling for help. This power gives me chills."

Tim Giago, *Native Sun* editor carried the stories related to James and noted that his grandmother, 'Holy Woman' had the gift of locating lost items or people.

See **Missing persons' case** *pg. 4*

Cheyenne and Arapaho Tribal Tribune
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The American Indian Hall of Fame finds a new home

By Rodney Harwood, Indian Country Today

The American Indian Athletic Hall of Fame is taking another step forward in its illustrious history by moving its Hall of Heroes into the Loretto Building in Kansas City, Missouri.

Plans to move the plaques and memorabilia of 106 legendary Native athletes from its current location at Haskell Indian Nations University in Lawrence, Kansas are in progress. The move is expected to happen in early part of 2015.

The Hall of Fame has been on display at Haskell for 34 years. Through a partnership with the American Indian Center of the Great Plains, it has an opportunity to move one step closer to its own building, American Indian Athletic Hall of Fame president Carol Green said. "We've had a hard time raising money, but now we have a chance to do some things we've planned for years," Green told ICTMN. "I love Haskell dearly. All my relatives went there. I taught there. But they didn't have the room we needed to put up all our plaques or expand. We have some ideas on raising money, and eventually, we want to have our own building."

Green said they would one day like the displays to be interactive where people can come in and hit a baseball or hit a tennis ball. A place where elementary school kids can come and see the pictures on the wall and interact with the displays and dream of being on display one day.

The HOF will have five offices in The Loretto Building. The building opened in 1903 and served as a Catholic academy for girls until the mid-1980s. It also underwent an $8 million upgrade in 1995. The additional space will display and allow visitors a chance to see pieces that are currently in storage because of Haskell's limited space.

Learned, whose ancestors include Arapaho legends John and George Levi, talked of visiting with various tribal leaders and utilizing artists to provide paintings and busts of the inductees from their nation. There is also discussion of asking athlete's families for items to expand displays. "I've always thought we needed to start looking at building our own Hall of Fame, one that shows the prestige of what Native Americans have done in the world of sports," said American Indian Center of the Great Plains president John Learned. "I thought [the Hall of Fame board] just needs a hand up. We have the ability to help raise money and the ability to donate money to help them move forward with the project."

Robert L. Bennett (Oneida) and Louis R. Bruce (Mohawk/Sioux) founded the American Indian Athletic Hall of Fame in 1972. Inductee and Olympic gold medalist Billy Mills, Lakota, was the first coordinator. "I can't think of a better place to have it than Kansas City," Mills told ICTMN. "It's a very, very quality concept and what Johnny is trying to do is incredible. I know him as a friend more than a business man, but I am extremely impressed with idea."

Long-time Haskell football coach Gary Tanner's son Brady was one of six athletes inducted in 2013. "I'm excited that it's been outside my office for all these years, but I've always thought there should be more to the Hall of Fame. They have some big name people that have done great things, and they should be honored more than just in the lobby of our gym," Tanner said. "They will be able to enhance it. I'll miss it, but I'm glad for what they'll be able to do for the Indian athletes by making it more accessible to more people."

Former Arizona State football player Jim Warne, Lakota, was inducted in 2004. "We definitely need to get more exposure," said Warne, who helped the Sun Devils win the 1987 Rose Bowl. "They've done an incredible job with the limited funding they've had. It would be nice to see multi-tribes participate with this.

Look inside

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ATHLETES SPOTLIGHT

Eric Martinez pg.8

2013 BETTER NEWSPAPER CONTEST AWARD WINNER
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Children's Book Woodchuck Visits Algonquian Cousins by local author

"After a breakfast of persimmons and squash, Woodchuck is ready to travel," notes a line in *Woodchuck Visits Algonquian Cousins*, a new children's book from soddenbank press. There are three Algonquian-based words in that sentence, and American Indian languages are the reason this book was written by Cherokee author Karen Coody Cooper of Tahlequah, Oklahoma.

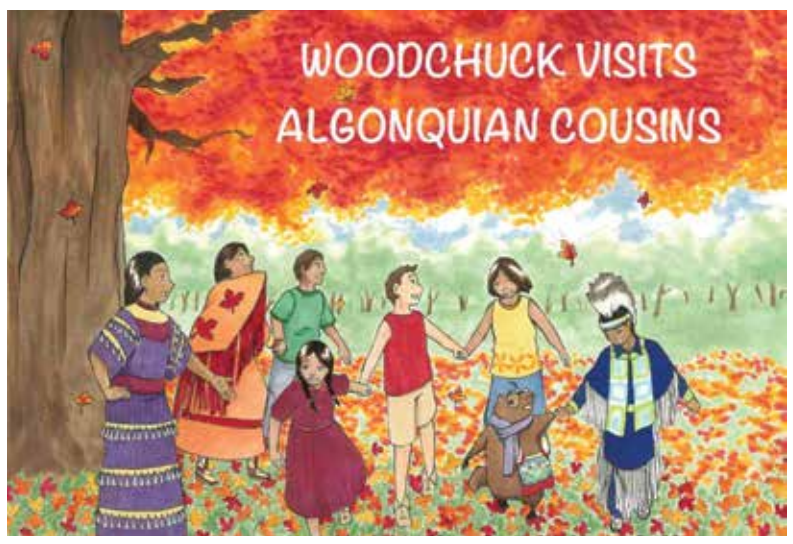
"When I moved from Oklahoma to Massachusetts, and then to Connecticut, I was immediately entranced by the meanings of those state's names, and of the variety of unusual words used in New England for streams, mountains, beaches, and towns. Soon I recognized that Naugatuck, Saugatuck, and Mattatuck shared sounds, and so did Quassapaug, Orenaug, and Shepaug. I began to understand parts of Algonquian words, and I wanted to share this rich indigenous American language with others," says the author, who has since returned to the Cherokee Nation in Oklahoma.

The book's richly saturated illustrations, created by young Cherokee artist Hillary Glass, capture a whimsical side of the bespectacled female Woodchuck whose adventures the story follows as she visits various Algonquian cousins: skunk, opossum, moose, muskellunge, chipmunk and raccoon. A map in the center of the book notes the many tribes speaking Algonquian languages and also cites place names like Wyoming, Mississippi, Michigan, Hatteras, Quebec, and Potomac.

Although American Indian languages are accurately considered endangered, many languages, including Cherokee and several Algonquian languages continue in use. Words from the languages of various early indigenous groups survive as place names, and some continue as the common names of animals and plants unique to early life in the hemisphere.

The word woodchuck derives from Algonquian *otchig*, but was heard and recorded as "woodchuck" by English speakers. As a fictional character, burrowing Woodchuck is able to appear wherever she chooses. Utilizing Woodchuck as the book's primary character, the author ably introduces readers to various sites where Algonquian words are prevalent. Readers of the book learn about Algonquian people and their contemporary activities while Woodchuck visits Manhattan, Mount Katahdin, the Susquehanna River of the Chesapeake Bay, Ottawa in Canada, Milwaukee in Wisconsin, and Chicago in Illinois.

The story is written for 6 to 10 years olds, but the Algonquian-based words encourage initial adult involvement. Published by the Oklahoma-based soddenbank press, the full-color, beautifully illustrated book is priced at $10. The inventive, but precise illustrations capture the activities of Woodchuck and her cousins. The second book in the Woodchuck series will be published in 2016 and will explore both Cherokee and Algonquian words while exploring wampum.



Cooper is the author of the popular textbook *Spirited Encounters: American Indians Protest Museum Policies and Practices* (AltaMira Press) and *Cherokee Wampum War and Peace Belts 1730 to Present* (soddenbank press). Illustrator Glass is an up-and-coming young Cherokee artist who has received several awards for her anime-style work at various art shows in Eastern Oklahoma. If schools, clubs, or libraries would like to meet the artist or author, call (918) 207-0093 or email soddenbank@att.net. The book may be purchased at the Cherokee Art Center's Spider Gallery, 215 S. Muskogee Avenue, Tahlequah and at www.soddenbank.org.

Tribal Council Meeting, Feb. 7

Candidates running for Tribal Council Coordinator

Jennifer Wilkinson

My name is Jennifer Wilkinson and I'm a candidate for the position of Tribal Council Coordinator.

My father is the late George Plummer of Woodward, OK and my mother is Debbie Reed Plummer of Clinton, OK. My Cheyenne grandmother is the late Grace Surveyor Plummer of Fonda & Woodward, OK and my Arapaho grandmother is the late Ann Reed of Canton, OK.

In 1996 I graduated from Woodward High School and moved to Clinton, Okla. where I volunteered at the Clinton Indian Hospital.

In 2001, I graduated from Southwestern Oklahoma State University with a degree in Business Administration Marketing and completed MBA coursework as well.

My career has been in insurance and catastrophe response. My job duties included auditing claims files for department of insurance compliance, participation in corporate leadership development, and training.

I have travelled extensively thru my career; handling catastrophe response customers and working closely with victims of tornados and other natural disasters.

Determining and satisfying the needs of the people has always been my employment duty and responsibility. I also have vast experience coordinating and scheduling inspections and meetings with individuals to solve their insurance issues.

If elected as Tribal Council Coordinator, I will bring my entrepreneurial experiences. My husband and I currently own and operate a business. We started our business from scratch and today it still flourishes. I have acquired a practical understanding of business development, project management, and operational budgeting. I want to bring these abilities to best serve the Cheyenne & Arapaho tribes in the position of your Tribal Council Coordinator.

My vision is to servie our tribal nation, implementing our constitution and bringing fresh new perspectives to our tribal government.

I hope you will find me the best person for the Tribal Council Coordinator.

Sarah Pedro

My name is Sarah Pedro. My Father is the late William L. Pedro, son of the late, William L. Pedro and Eileen Penn. My mother is Lela Pedro, daughter of the late Rufus Yelloweagle and Sarah Yelloweagle. I am a proud Cheyenne and Arapaho tribal member.

I am a single mother of three children. I have a degree in Criminal Justice with a minor in Police Science and Political Science. My previous experience in employment with the Cheyenne& Arapaho tribse was an administrative assistant for Economic Development, aslo administrative assistant for the Legislative Branch-Arapaho District II, and recently administrative assistant for the Office of the Tribal Council.

As administrative assistant, I was responsible for management of all office operations necessary for proper production of daily duties. Ranging in various duties from management of the tribal program funds to be distributed over a one year time period, scheduling, organizing, and executing meetings to provide the public information on current issues of the tribal government, assisting in drafting resolutions, along with other viable documents in accordance with the constitution, as well as assisting district constituents with transportation to local facilities for researching employers educational opportunities, and providing documents to aid them in their request for assistance with education, employment, utilities, food and shelter.

I have worked with and for Legislatures, Coordinators, Directors and tribal members to provide effective results for services needed.

I am interested in facts that can produce results for a better future for all tribal members. I will dedicate my hard work on behalf of the Cheyenne & Arapaho people to communicate information on tribal affairs that will increase progress for our people.

I believe in the tracks we lay today will be stepping stones for our future children, and elders of our nation.

Larenda Morgan

Greetings to all tribal members.

My name is LaRenda Morgan. I would like to give three clear reasons why I am qualified to serve as Tribal Council Coordinator.

Enrolled Tribal Member of the Cheyenne Arapaho Tribes (1/2 degree).

Masters Degree in Human Relations, Organizational Development & Leadership from the University of Oklahoma (OU).

Served as a former Executive Director for the Cheyenne Arapaho Tribes for Social Services.

I will serve the position according to the position description and uphold the tribal constitution and tribal policies, procedures and regulations.

I would appreciate your support in the next election.

Ha hou'

LaRenda Morgan

New changes for Clinton Community Center

Effective Feb. 15, 2015 the Clinton Community Center will be under the care of the Cheyenne and Arapaho Culture & Heritage Program.

Until further notice all bookings and scheduling for the Clinton Community Center can be made with the Events Coordinator, Elsie Sage, by calling (405) 422-7433.

Rental Agreement Security Deposit Fee

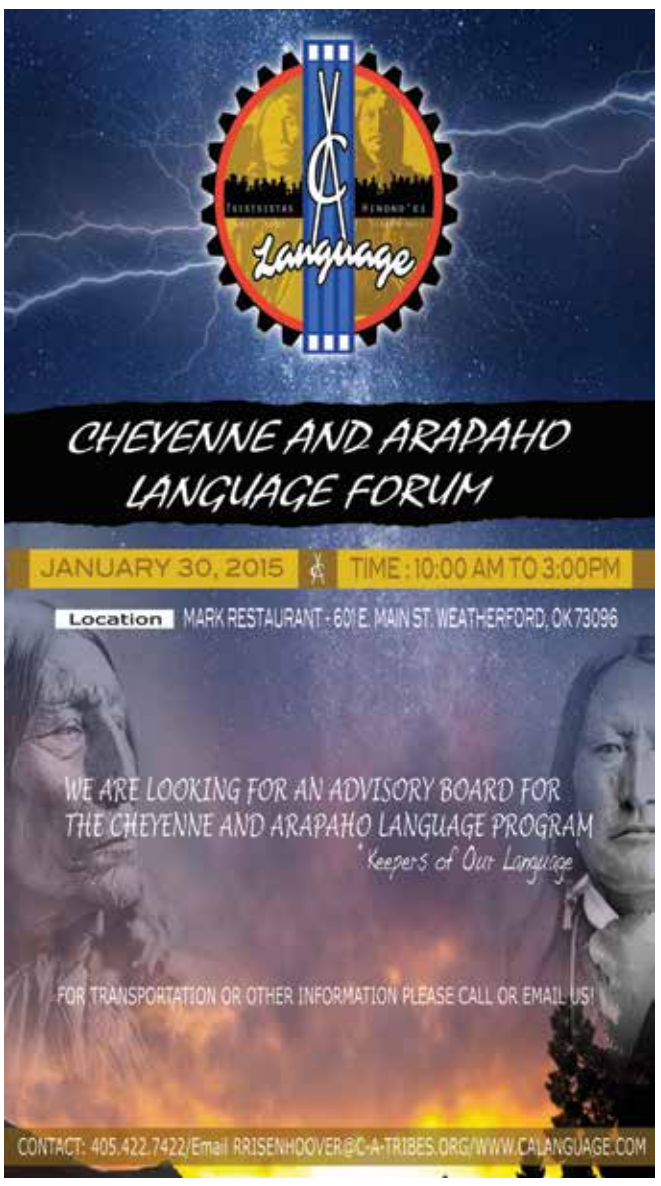
Effective immediately there will be a new security deposit policy for all community center rentals. The security deposit will be refundable after an assessment of the community center is completed following an event/activity.

The new changes are as follows:

Security Deposit is $100 (Refundable after assessment) for all community center rentals.

Rental Fee (non-refundable) has not changed and is posted on the rental agreement application.

For more information regarding community center rentals please contact the Cheyenne and Arapaho Culture and Heritage Program at (405) 262-0345 ext. 27433 or 27704.



Tribes wary of selling pot, even if DOJ says okay

By Jeff Barnard and Gosla Wozniacka Associated Press

Many in Indian Country are wary of the idea of growing and selling marijuana on tribal lands, even if it could present an economic windfall and the U.S. Department of Justice says it's OK.

"I would really doubt tribes would be wanting to do something like that," said Don Gentry, chairman of the Klamath Tribes in Oregon, where voters this year approved a measure to legalize recreational pot. "We have an alcohol- and drug-free policy at work. It would just not be something we would be looking for into the future."

The U.S. Justice Department announced on Thursday that it has adopted a new policy saying Indian tribes, which are considered sovereign nations, can grow and sell marijuana on tribal lands as long as they follow the same federal conditions laid out for states that have legalized the drug.

Oregon U.S. Attorney Amanda Marshall said the policy addresses questions raised by tribes about how legalization of pot in states like Oregon, Washington and Colorado would apply to Indian lands.

"That's been the primary message tribes are getting to us as U.S. attorneys," Marshall said from Portland. "What will the U.S. as federal partners do to assist tribes in protecting our children and families, our tribal businesses, our tribal housing? How will you help us combat marijuana abuse in Indian Country when states are no longer there to partner with us?"

Whether tribal pot could become a major bonanza rivaling tribal casinos is a big question. Marshall said only three tribes ? one each in California, Washington state and the Midwest ? have voiced any interest. She did not identify them.

Seattle attorney Anthony Broadman, whose firm represents tribal governments throughout the West, said the economic potential is vast. "If tribes can balance all the potential social issues, it could be a really huge opportunity," Broadman said.

Many in Indian Country are wary.

The Yakama Nation in Washington state recently banned marijuana on the reservation and is trying to halt state regulated pot sales and grows on lands off the reservation where it holds hunting and fishing rights.

The Hoopa Valley Tribe in Northern California has battled illegal pot plantations on its reservation that have damaged the environment.

In South Dakota, the Oglala Sioux Tribal Council this year rejected a proposal to allow marijuana on the Pine Ridge Reservation.

"For me, it's a drug," said Ellen Fills the Pipe, chairwoman of the council's Law and Order Committee. "My gut feeling is we're most likely going to shoot it down."

Marshall warned that problems could arise for tribes with lands in states that outlaw marijuana due to the likelihood that pot would be transported or sold outside tribal boundaries.

Broadman said tribes would enjoy a huge advantage selling pot, as they do with tobacco, because they would not have to charge taxes.

Alison Holcomb, a primary drafter of Washington state's legalization measure, said most people in larger states won't want to drive to far-flung reservations to buy pot.

But John Evich disagreed. He runs a legal marijuana store in Bellingham, Washington, near the Nooksack Indian reservation. When he chewed tobacco, he said, he used to stock up at the reservation because it was about 30 percent cheaper there. He had little doubt people would do the same if tribes began selling pot.

The Nooksack tribes did not immediately respond to messages seeking comment.

Legislative News

Hearing	Desc	C1	C2	C3	C4	A1	A2	A3	A4
Dec 5	Hearing/Concho	*	*	*			*		
Dec 5	Special Session/ Concho	*	*	*			*		*
Dec 9	Hearing/Concho			*				*	
Dec 11	Hearing/Concho	*	*			*	*	*	
Dec 11	Special Session/Concho	*	*			*	*	*	
Dec 12	Hearing/Concho	*					*	*	
Dec 13	Regular Session/Concho	*	*				*	*	
Dec 16	Hearing/Concho	*					*	*	
Dec 19	Special Session/Concho	*	*						
Dec 23	Hearing/Concho	*					*		
Dec 30	Hearing/Concho	*		*				*	

*=Present

December Regular Session

The Regular Session for December was held on Saturday Dec. 13, 2014. The bills passed were, A Resolution to Remove the Executive Director of the Department of Administration vetoed by Gov. Hamilton Dec. 24, 2014, (to be considered for Veto Override at the January Regular Session).

An Act Establishing the Legal Aid Department, passed by Gov. Hamilton Dec. 24, 2014.

December 5 Special Session

The Bills passed were, An Act Adopting the 2015 Annual Budget, passed by Gov. Hamilton Dec. 5, 2014.

December 11 Special Session

The Bills passed were:Approval of an Oil & Gas Lease with PayRock Energy, passed by Gov. Hamilton Dec. 13, 2014.

December 19 Special Session

The Bills passed were, A Resolution to Authorize Per Capita Distribution, passed by Gov. Hamilton Dec. 5, 2014.

A Law Amending the 2014 Budget to Appropriate Funds for Per Capita Distribution, passed by Gov. Hamilton Dec. 5, 2014.

Attendance

The Legislature holds several Public Hearings throughout the month, both at Concho and at various communities, in order to get feedback from tribal members regarding Legislative actions.

This feedback is extremely important and we want to thank those who attend and those who take this information to their family and friends to discuss. Above is a list of Public Hearings held held throughout December 2014, along with the attendance of each Legislator.

Districts.

C1 Bruce Whiteman

C2 Alan Fletcher

C3 Cheevers Heap of Birds

C4 Kyle Orange

A1 Eugene Mosqueda

A2 Christine Morton

A3 Patrick Spottedwolf

A4 Winslow Sankey

Please contact your Legislator or the Legislative Clerk for additional information.

The Legislative Clerk Ramona Tall Bear can be reached at (405) 422-7778 by email, rtallbear@c-a-tribes.org, or contact the Legislative Clerk Assistant, Andrea Main, at (405) 422-7777 or by email, amain@c-a-tribes.org.

2015 Go Red For Native Women
Heart Health Summit
Friday, February 20, 2015
8:00 a.m.
NCED Conference Center and Hotel
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EATING well for DIABETES

Memory Boosting Foods

Kerri L. Felmlee, MS, RDN, LD
C&A Diabetes Wellness Program

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health. The best menu for boosting memory and brain function encourages good blood flow to the brain much like what you'd eat to nourish and protect your heart. A recent study found that the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean Diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a raw kale salad or substitute collard greens for the tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries especially dark ones such as blackberries, blueberries and cherries are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. "DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently," says Andrea Giancoli, RD, registered dietitian and Academy of Nutrition and Dietetics spokesperson.

Seafood, algae and fatty fish including salmon, bluefin tuna, sardines and herring are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain; they also sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

For further details, questions, or comments, please contact the Diabetes Wellness Program and/or Kerri Felmlee, MS, RDN, LD at (405) 422-7685.

Missing person's case

continued from pg. 1

"This is very strong in our culture," he said. "I believe in it."

The story started on a summer afternoon when four Northern Cheyenne, one being James, were drinking near the Two Leggins Reservoir, Big Horn River on the Crow Reservation. The other three reported that James entered the river to swim. When they returned to look for him, he had disappeared. After a futile search, they left the scene, going to the Crow Agency Casino where they were arrested for intoxication and incarcerated. The next morning, BIA corrections officers acted upon information they provided about his possible drowning and search efforts began. Occurring on the Crow Indian Reservation, that BIA Law Enforcement has primary jurisdiction, Criminal Investigator, Sharon Brown, led the investigation.

Search and rescue efforts were augmented by Big Horn County Sheriff's Office, local volunteers and off duty members of the Northern Cheyenne BIA Law Enforcement. A search dog was only utilized for a short time because of the expense, Officer Brown advised Douglas Limberhand, father of the missing man. For over two months, members of the Limberhand family went to the river on a daily basis to search, using canoes and volunteers. When winter began, all search efforts were called off the by BIA.

The Limberhand family initially resisted media coverage, not wanting to complicate the investigation or to offend investigating officers. However, after losing confidence in the investigation they requested a local story, also covered by *Native Sun News*, *Cheyenne and Arapaho Tribal Tribune* and *Indianz.com*.

Douglas Limberhand raised several questions about the case and witness statements, "They all have different stories and there are other troubling clues. We want lie detector tests. The BIA promised to do that, but hasn't. Officer Brown recently told me that lack of funding for search dogs, trained personnel who can administer lie detector tests and a heavy load of other cases limit her efforts. She kind of told me not to bother her so much," he said.

Douglas reported information from Sage and Tabaha to Officer Brown who in turn advised her supervisor, Special Agent in Charge, Douglas Noseep, Billings area. Douglas was told that Noseep discounted that information saying the investigator must rely upon hard evidence in hand.

BIA law enforcement officials routinely will not comment to the press.

Earlier, Northern Cheyenne tribal leaders met with law enforcement agencies about the case.

"We want it to be a top priority until solved. It is awful that this happened to one of our tribal members," President Fisher commented. "In light of this new information, we will meet with them again. The Cheyenne used to do this, (use traditional visionaries), years ago and I believe in it. Sometimes, it's sad to say that if this were a non-Indian, the case would have higher priority. I am deeply troubled by the seeming lack of investigation to date."

Northern Cheyenne tribal Vice-President, Winfield Russell, a previous BIA Criminal Investigator commented, "During crime investigations, we looked at all possibilities. We followed up on similar tips. This type of thing is very powerful, not dismissed out of hand. Other law enforcement use psychics in some cases."

Barring additional efforts from the BIA, the Limberhand family vows to continue the search, even on a personal basis.

"I pray and cry all the time," said Edith Firebear, victim's aunt. "We believe in our Indian ways and I think James' spirit is calling to us for help. We won't feel any peace until his body is found and we can send him on his way." Clara Caufield can be reached at acheyennevoice@gmail.com.

Cheese Broccoli Soup
Cooking with USDA Foods

Furnished by Food Distribution Program

2 cups sliced fresh carrots
2 cups broccoli florets
1 cup sliced celery
1-1/2 cups chopped onion
½ cup butter
¾ cup all purpose flour
1 can (10-1/2 ounces) condensed chicken broth, undiluted
4 cups whole milk
½ pound process cheese (Velveeta), cubed

Directions:

In a large saucepan, bring 2 quarts water to a boil. Add carrots, broccoli and celery; cover and boil for 5 minutes.

Drain and set aside.

In the same saucepan, sauté onion in butter. Add flour and stir to make smooth paste. Gradually add chicken broth and milk. Cook until mixture thickens, about 8-10 minutes. Add vegetables, heat until tender. Add cheese, heat until cheese is melted.

Powwows & Events CALENDAR

Birthday Dance for Moses Starr

Jan. 17, 2015 at the Clinton Community Center in Clinton, Okla. Gourd dancing at 3 p.m. Supper at 5 p.m. Contest for best decorated cake and best birthday song. For more information contact Juanita Trout (405) 201-0521 or Jeanette Starr (580) 819-1657.

Birthday Honor Dance for Darlene (Bull) Love

Jan. 17, 2015 at the Seiling/Fonda Community Center in Seiling, Okla. The family would like to invite all to come out and help celebrate Darlene's special day. For more information call (405) 301-2327.

Clinton Johnson O'Malley Parent Meeting

6 p.m., Jan. 20, 2015 at the Clinton Indian United Methodist Church, 1801 N. Little in Clinton, Okla. Refreshments will be served.

Yukon Johnson O'Malley Parent Meeting

6 p.m., Jan. 22, 2015 at the Yukon Police Station Meeting Room, 100 S. Randchwood Blvd., (right behind skating rink) in Yukon, Okla. Refreshments will be served.

Arapaho District 2/Cheyenne District 2 Community Informational Meetings

Thursday, Jan. 22, 2015 at the Geary Community Center in Geary, Okla., Tuesday, Jan. 27, 2015 in Kingfisher, Okla., (location TBA), and Thursday, Jan. 29, 2015 at the Concho Community Center in Concho, Okla. Supper served at 6 p.m., door prize drawings throughout evening. Tribal programs will provide information on services to tribal members. For more information call Christine Morton at (405) 422-7440 or Alan Fletcher at (405) 422-7480.

Birthday Handgame for Tana Boswell

Jan. 24, 2015 at the Geary Community Center in Geary, Okla. Registration 1 p.m. - 1:45 p.m., drawing at 2 p.m., game time at 2:15 p.m. Entry fee $50, no age limit, regular Handgame rules. Meal Served. Sponsored by the Challengers Handgame Team. For more information call Georgi at (580) 819-2638.

Benfit Dance for Ahk-ta-na-hi Goodblanket

Jan. 24, 2014 at the Clinton Community Center in Clinton, Okla. Gourd dancing at 2 p.m., supper at 5 p.m. All proceeds wil go towards Ahk-ta-na-hi's trip with E.F. Education Tours to London, Paris, Florence and Rome. Sponsored by friends and family. For more information contact Veronica Candy at (580) 715-0233.

Whiteshield Family Memorial Honoring Robert, Elizabeth and Kerwin Whiteshield

Jan. 24, 2015 at the Concho Community Center in Concho, Okla. Painting at noon, gourd dance at 1 p.m., supper at 5 p.m. with evening program to follow. Please, no specials. Straight Dance contest in memory of Kerwin Whiteshield. For more information contact Roberta Whiteshield at (580) 458-0514.

Memorial Dance for Ruth Little Raven-Goodblanket

Jan. 31, 2015 at the Clinton Community Center in Clinton, Okla. Gourd dance at 3 p.m., supper at 5 p.m., dance to follow. Inviting everyone to attend. For more information contact Lisa Pena at (580) 309-7080.

Benefit Dance for Dirty Birds Hand Game Team

Feb. 1, 2015 at the Geary Community Center in Geary, Okla. Supper at 5 p.m. Giveaways are optional. For more information contact Daisy at (580) 890-7112, CeCe LittleCreek at (405) 924-1524 or (405) 637-5862.

The 2015 Go Red For Native Women Heart Health Summit

8 a.m., Feb. 20, 2014 at the NCED Conference Center and Hotel, 2801 East State Hwy. 9 in Norman, Okla. Free heart health screenings and health presentations. Breakfast and lunch provided. Conference is free to attend. To register call Rachel Crawford at (405) 593-6931.

BRIEFS AT A GLANCE

The 17th annual Diabetes Prevention Conference

Jan. 25-28, 2015 at the Hilton Phoenix in Mesa, Ariz. For more information or to register visit www.aii.ou.edu/natvediabetes.

The fifth annual Native American Human Resources Conference

Jan. 26-28, 2015 at the Flamingo Resort and Hotel in Las Vegas, Nev. For more information or to register visit www.nativenationevents.org.

The Tribal Workplace in the Digital Age

Jan. 29-30, 2015 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 2015 UNITY Midyear Conference

Feb. 11-15, 2015 at the Hyatt Regency in Arlington, VA. For more information or to register visit www.unityinc.org.

The eighth annual Tribal Casino & Hotel Development Conference

Feb. 16-17, 2015 at the Westin in Las Vegas, Nev. For more information or to register visit www.nativenationevents.org.

Strategic Purchasing Procedures for Tribes and Tribal Businesses.

Feb. 18-19, 2015 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com.

Indian Housing Law.

Feb. 25-27, 2015 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com.

Southwest Regional Native American Leaders Forum.

March 2-3, 2015 at the Desert Willow Conference Center in Phoenix, Ariz. For more information or to register visit www.nativenationevents.org.

National RES (Reservation Economic Summit)

March 9-12, 2015 in Las Vegas, Nev. For more information visit www.ncai.org.

2nd Annual Native American Leaders Forum.

March 16-17, 2015 at the Talking Stick Resort in Scottsdale, Ariz. For more information or to register visit www.nativenationevents.org.

Security Force and Tribal Law Enforcement Liability

March 18-19, 2015 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Managing Financial Aspects of Construction Projects for Tribal Organizations

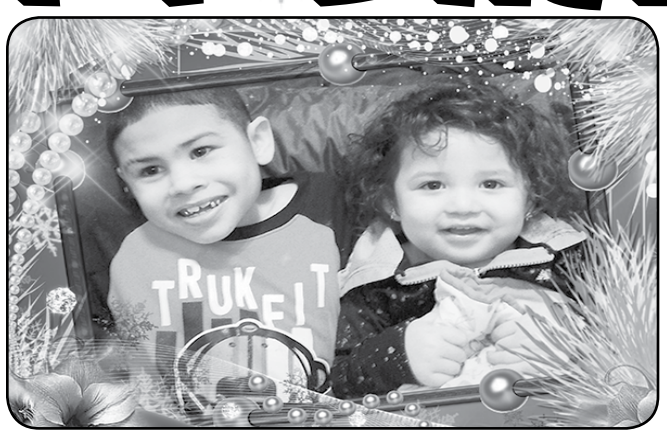
March 26-27, 2015 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

33rd Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect.

April 19-22, 2015 in Portland, Ore. For more information or to register visit www.nicwa.org.

HAPPY BIRTHDAY

Happy Birthday baby!
Jan. 26
We all love you very much, hope you have a special and blessed day!



Happy Belated 9th Birthday to
Cainaan Luke Hartfield Jan. 3
Happy Belated 2nd Birthday to
Kassidii Audriina Danielle Hartfield Jan. 14
Love, mom Danielle, dad, Alexa, Haleigh and the rest of the Hartfield family

I would like to wish my sons Levi Pedro Dec. 23 and Tracy Hornsby Jan. 24 Happy Birthdays!
Love, mom

Happy Birthday
Moses Starr
from all your friends and family

Happy Birthday to my sisters; Wilma and Vergenta
Wilma - Jan 21 - Happy 56th Birthday!
Love your big sister, Ethel
Vergenta - Jan 28 - Happy Birthday to you
Love from your little sis, Ethel

Happy Birthday to 'the big time Sue'
From all your friends and relatives

Welcome to the Fletcher, Lonebear and Whiteman families baby Nauko

Nauko Elwood Fletcher-Whiteman

Born Jan. 6, 2015 to Angie Fletcher and Les Whiteman.
Weight 9 lbs 6 oz
22 inches
Our hearts are filled with joy, we all love you baby bear!

Wren Lyric Jennings

Born in the cozy comfort of her home on Dec. 28, 2014.
Proud parents are Trever and Megan Jennings.
Maternal great-grandparents are Nancy and Boyd, maternal grandparents are James and Debra Endecott.
Paternal grandparents are Steve and Judy Jennings.

7 pounds 14 ounces 17 inches

Happy Belated 38th Birthday
to my daughter, Carla
Dec. 17
I hope you had a wonderful day, stayed safe and out of trouble. Your family loves and misses you so much.
Love your mom, Carol Standingwater

Happy 14th Birthday
Josiah Tsatoke
From grandpa, dad and uncle

I'd like to wish my beautiful daughter, DeLeena Ann Whiteshirt a Happy 6th Birthday on Feb. 4 and many more

Roselyn Nolasquez and Rosemary Armendariz were both born on Jan. 22
Happy Birthday sisters, from all your family and friends far and near ... and your sisters, Ruth Ann from Montana, Carol from Clinton and brother Richard from Clinton, countless nieces, nephews, sons, daughters, grandkids and especially your mother, Elaine Bird.
From Oklahoma, Pennsylvania, Montana, Texas … we all love you both so much, hope you both have a great day!

Flu Season

Once again it's flu season. The Center for Disease Control and Prevention (CDC) has officially declared the flu an epidemic. What does it take to be declared an epidemic? The term, "epidemic," is used when an illness spreads rapidly among a given population in a given amount of time. The CDC creates "Flu View" which is a weekly report on the flu. During the last week of December, Flu View reported that the flu was in 43 states and the week before the flu was only reported in 36 states. This drastic increase in the number of states reporting the flu in just one week is the reason for the flu being declared an epidemic.

The CDC reports that the strain of the flu virus being transmitted is influenza A (H3N2). The CDC also reports the flu was severe in the previous seasons where the influenza A (H3N2) flu virus circulated. Consequently, this flu season is predicted to be more severe from recent years. There is another reason that contributes to the flu being severe this season. The vaccine is a poor match for the flu strain. Dr. Tom Frieden Director of the CDC stated one reason for the mismatch is that the flu virus changed and mutated from the time the vaccine was created.

The flu shot is still recommended because it is the best thing you can do to protect yourself from the flu. Other health habits can be help in preventing the flu like the washing of your hands, covering your cough, and avoiding close contact. It is time to go to the doctor when you have a fever that lasts for a long time or a high fever, having trouble breathing or breathing fast, you can get better then you get worse, or if you have a chronic condition like heart disease or diabetes that gets worse (CDC).

ONABEN selects Tulsa, Oklahoma for the 2015 annual Native Trading at the River Conference

Portland OR -- ONABEN - Our Native American Business Network announces the city for the annual Trading at the River Conference and Native Marketplace. The conference, held for the last eleven years in Oregon and Washington, will be held in Tulsa, Oklahoma, May 2015. The Muscogee (Creek) Nation will host the conference and native marketplace at their properties, River Spirit Casino and RiverWalk.

Trading at the River is a two-day event that focuses on content to facilitate growing strong economies on tribal reservations and in communities through entrepreneurship, developing and growing small businesses and building partnerships.

Veronica Hix, ONABEN Executive Director, expressed her appreciation at the opportunity to bring Trading at the River to Oklahoma. "Trading at the River is a unique experience for entrepreneurs, small business owners and economic development practitioners to gather, exchange and grow. The change in venue next year will be a great opportunity to be able to share Trading at the River outside of the Pacific Northwest."

ONABEN Board Chairman, Jack Lenox, also commented that, "The Muscogee (Creek) Nation offered to host our event and, in line with ONABEN's growth and expanded services across Indian country, the ONABEN Board of Directors approved the city and venue change."

ONABEN will also partner with the Cherokee Nation TERO and Mvskoke Loan Fund to present Trading at the River. Anchoring the conference is a marketplace where Native artists, crafters and other vendors can showcase and sell their products and services.

ONABEN is a 501(c)(3) corporation headquartered in Portland, Oregon, and was created in 1991 by four Oregon tribes to encourage development of a private sector on their reservations. ONABEN provides curriculum, training and organizational consulting focused on developing entrepreneurship in Native communities. ONABEN serves Native business development organizations and entrepreneurs nationally through its Indianpreneurship® curriculum. The group is driven by its mission to strengthen Indigenous communities and individuals by increasing opportunities for economic growth through culturally innovative business solutions.

For more information about ONABEN and Trading at the River, please visit ONABEN.org and TradingattheRiver.com.

CLASSIFIED SECTION

Employment: Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver's license and a copy of CDIB to Personnel Department, PO Box 38, Concho, OK 73022 or email whaag@c-a-tribes.org.

Greenhouse Garden Aide
Watonga
Closing: Until Filled

Qualifications:

Prefer knowledge and experience in the area of gardening and greenhouses. Knowledge of traditional Native foods and cultivation of foods. Ability to work with minimal supervision. Display a high level of initiative, effort and commitment towards completing assignments in a timely manner. Ability to communicate proficiently both orally and written. High school diploma or GED certification and background check required. Cheyenne-Arapaho preference.

SALARY: Negotiable

Adult Education Counselor
Concho, OK
Closing: Until Filled

Qualifications:

Bachelor's Degree in Education or related field preferred; or an equivalent combination of education and experience, substituting one year of experience in teaching for each year of the required education. Cheyenne & Arapaho Indian preference.

SALARY: $11.00 - $15.00, pending experience level.

Adult Education Counselor
Canton, OK
Closing: Until Filled

Qualifications:

Bachelor's Degree in Education or related field preferred; or an equivalent combination of education and experience, substituting one year of experience in teaching for each year of the required education. Cheyenne & Arapaho Indian preference.

SALARY: $11.00 - $15.00, pending experience level.

Caseworker Aide, H.O.P.E Program
Concho, Ok
Closing: Jan. 20

Qualifications:

Must have valid Oklahoma driver's license in order to operate a government vehicle. High School diploma or GED certified required. Must be able to favorably pass a background check in which suitability of employment is determined. One year or relevant experience i.e. secretarial, para-professional, administrative assistant, etc. Cheyenne and Arapaho Preference.

SALARY: Negotiable

Tribes to School Resource Program Administrative Assistant/PT
Education Program,
Concho, OK
Closing: Jan. 20

Qualifications:

Able to communicate effectively and courteously with participants and/or external entities and the ability to maintain effective working relationships. Able to prepare fliers and other similar or related materials; and the ability to maintain ongoing documentation regarding services provided. Maintain professionalism and environment conducive to learning. Possess strong skills in modern office procedures and business etiquette; must possess a comprehensive knowledge of computer skills in Word, Excel and Publisher. Valid Oklahoma drivers license, clean driving record and pass background check. Willing to travel normally associated with this position. Able to work flexible hours including weekends and holidays. Cheyenne & Arapaho Preference.

SALARY: Negotiable

Caretaker Part-Time (Potential Full Time)
Concho Community Hall,
Concho, OK
Closing: Until Filled

Qualifications:

Reliable and dependable. Able to handle weights and loads, lift up to 50 pounds, bending, pushing and squatting; climbing ladders; works with hands in water containing stringent cleaning agents.

Willing to work other than normal working hours, when necessary especially weekends. Due to the sensitive nature of Cheyenne and Arapaho tribal customs and traditions. Familiar with Cheyenne tribal customs and Arapaho tribal customs. Completion of high school or GED. One (1) year's experience in custodial work desirable. Must know methods, materials and equipment used in custodial work. Experience may substitute for education. Able to follow oral and written directions. Valid Oklahoma driver's license. Cheyenne & Arapaho tribal preference

SALARY: Negotiable

Receptionist / Licensing Technician
Gaming Commission /
Concho, OK
Closing: Until Filled

Qualifications:

High School Degree or Equivalent. Minimum two (2) years of clerical/administrative experience. Computer literate. Familiar with practices/procedures of the gaming industry. Ability to maintain high level of confidentiality. Strong work ethic. Available to work evenings and weekends. Pass extensive background check. Valid Oklahoma driver's license. Have reliable transportation. Cheyenne and Arapaho preference.

SALARY: Negotiable

Subscribe NOW to the Cheyenne & Arapaho Tribal Tribune
$35/Year
FREE for tribal members
405/422-7608

TRIBAL TRIBUNE
DEADLINES
At 3 p.m. every 8th and 23rd of the month. Unless the 8th or 23rd falls on a weekend, it will be the Friday preceding.

Holiday Closure
The Cheyenne & Arapaho tribal offices will be closed Monday, Jan. 19, 2015 in observance of Martin Luther King Day day. Offices will reopen on Tuesday, Jan. 20 at 8 a.m.

TCB INC. Pest Control
"If it crawls, you need to call"
Residential • Commercial
405-262-5300

URF CARE & BEYOND INC
Certified Commercial Applicator
Weed Elimination
Fertilization
Flea/Tick Control
Residential • Commercial
FREE ESTIMATES
405-262-5300

George Hawkins Memorial Treatment Center
10320 North Airport Road Clinton, OK 73601
The Substance Abuse Program can be contacted at (580) 331-2370 or by dialing toll free (800) 247-4612 extension 32370

Letisha Ruiz
Senior Consultant
Zeal For Life
Whole Food Nutrition
in one **NATURAL DRINK**
405-503-0633
letisharuiz@gmail.com
www.letisharuiz.zealforlife.com
http://facebook.com/letisha.ruiz

Tribal Transportation News

The goal of the Tribal Transportation Program is to provide as much information to Tribal members that may be dealing with a DUI or DWI and doesn't know the first step in the process to regain their driver's license. Currently, the tribes does not have a program that will provide any assistance to tribal members regarding the $160 or $175 ADSAC assessment fee however, the Transportation Safety Program is currently developing the guidelines and policies to initiate a Safe Drivers Program that will be provide assistance to Tribal members with a portion of the ADSAC assessment fees and DUI course fees.

To become involved in developing the policies and/or guidelines for the Safe Drivers Program, please contact the Tribal Transportation Program at (405) 422-7432.

Since it is a lengthy process to regain a driver's license once a DUI has been warranted, the Tribal Transportation Program (Transportation Safety Program) plans to follow up monthly with the next step in the process. Should you need more information regarding the process, please contact myself or Ms. Esther Tahdooahnippah, Safety Coordinator, at extension #27529 or 27596 respectively.

To further provide assistance to tribal members, the Tribal Transit will provide transportation to tribal members for the ADSAC Assessment or for the DUI School nearest to where the participant resides. For further information, please contact Esther Tahdooahnippah, Transportation Safety Coordinator at (405) 422-7596 or (800) 247-4612 ext. 27596 or James Kemp, Tribal Transit, for transportation at (580) 331-2600 or 1-800-247-4612 ext. 32600 .

In Loving Memory

William Ray Sutton
Dec. 21, 1940 –
Jan. 10, 2015

Funeral services for William Sutton were held on Jan. 14, 2015 at the Canton Christian Church in Canton, Okla.

PO Box 33~ Concho, OK 73022
P.O. Box 714 ~ Clinton, OK 73601
Temporary Office Hours:
8:00 am – 4:00 pm

(405) 422-7411 *Concho*
(405) 422-8230 Fax *Concho*
(580) 331-2318 Clinton
(580) 331-2317 Clinton
(405) 422-8229 Fax Clinton

Cheyenne & Arapaho Tribes
Elder Care Program

APPLICATION FOR 2015 WINTER HEATING ASSISTANCE
January & February 2015

Print Name:	Always provide your CDIB# 2801A _____ If NEW to the program, submit copy of your CDIB **and D.L. or State ID. (please do not fax)**
Date of Birth:	
Spouses Name:	
Physical Address: Zip:	City: State:
Phone ( )	Message Phone ( )

_____ 1 UTILITY HEATING ASSISTANCE FOR YOUR **PRIMARY** HEATING SOURCE

- ✓ We will assist with current amount ONLY, **NO PAST DUE balances**
- ✓ If you have a **"ZERO " or "CREDIT" balance, NO** payment will be made
- ✓ Must submit your complete current utility statement each time you apply, if the bill is not in your name, you must submit a completed **2015 Residence Verification Form.**
- ✓ Maximum allowable amount is up to $300.00 on current bill only (Pre-paid is capped at $200.00)
- ✓ One (1) request per household.
- ✓ This is in addition to your regular 90-day Elder Care Assistance
- ✓ This will exclude "yard lights" or "Security lights" on electric bills if they are to be paid.
- ✓ If you are on Average billing or Budget billing then that is the amount we will pay. We will NOT pay the current amount if you are on Average or Budget billing.

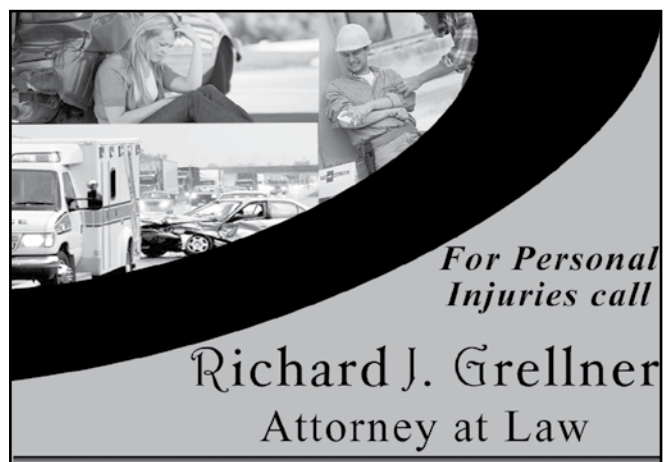
FINAL DISCONNECTION NOTICES OR RE-CONNECT FEES WILL NOT BE ACCEPTED*

X _____ Tribal Member Signature _____ Date

Please select the month in which are you are applying for the Winter Heating Assistance Program:
January 2015 **February 2015**

Final Submission dates for this assistance are as follows:
January 2015 ~ last day we will take utility bills and applications will be *February 27,2015*
February 2015 ~ last day we will take utility bills and applications will be *March 31, 2015*

ALL bills and Applications MUST be in by the dates listed above, **NO EXCEPTIONS**
Please allow additional time to process check requests, up to 21 days from the date application is turned in to the Elder Care Program



"Representing tribal members for over twenty years."
RJG LAW PLLC
434 NW 18th Oklahoma City, Oklahoma 73103
rjgrellner@hotmail.com
(405) 834-8484

Elder's Day Out

Wednesday, January 21, 2015

Oklahoma City

Myriad Botanical Gardens

(Crystal Bridge Tour & Educational Class)

Lunch & Movie

9:30 a.m.

Transportation Schedule

Hammon	6:20 a.m.	Community Building
Elk City	7:00 a.m.	Love's
Clinton	7:45 a.m.	Homeland
Weatherford	8:10 a.m.	Old Homeland Parking Lot
El Reno	9:00 a.m.	Walmart
Woodward	6:00 a.m.	Walmart
Thomas	7:20 a.m.	Terrier Express
Seiling	7:30 a.m.	Shell Gas Station
Canton	7:55 a.m.	Shell Gas Station.
Watonga	8:10 a.m.	Food Distribution
Geary	8:30 a.m.	North Store
Kingfisher	8:30 a.m.	Walmart

Please call to register for this activity.

405-422-7570 or7585

November EMPLOYEES OF THE MONTH

Dept. of Administration
Lynsie Willis, Administrative Assistant
Property and Supply

"Lynsie is relatively a new addition to the Property Office. This young lady works her socks off every day. From carting boxes to the truck to deliver to programs, to looking at tribal vehicles in the parking lot, to checking property tags of items in various offices."

Pictured l-r: Gov. Eddie Hamilton, Lynsie Willis, *DOA Exec. Dir. Cecil Gray,and Lt. Gov. Cornell Sankey.*

Dept. of Health
Donna Sandoval, Dispatcher/Data Entry
Community Health Representatives (CHR)

"Donna is a strong individual in her job duties. She works with the clients in scheduling services in a high demand and fast-paced environment. Her efforts and contributions to the CHR program are valued and appreciated."

Pictured l-r: Gov. Eddie Hamilton, Donna Sandoval*, DOH Exec. Dir. Nicolas Barton and Lt. Gov. Cornell Sankey.*

Dept. of Enrollment
Kimberly West, Office Clerk

"Kimberly is our mail clerk/office assistant. When she's not busy with the incoming and outgoing mail, she helps office staff when we have a lot of clients come into the office. She is always ready to help ad answer questions. At times I have to remind her to slow down a little bit. But, you can tell she enjoys what she does."

Pictured l-r: Gov. Eddie Hamilton, Kimberly West, Enrollment Exec. Assist. Melissa Buffalomeat, and Lt. Gov. Cornell Sankey.

Dept. of Treasury
Cherie Berryman, Payroll Accountant
Payroll/Travel

"Cherie has been working for the tribes since 1992. She is a very loyal and hard working employee. She is very pleasant and a joy to be around. Cherie has been a great help with the transition of the new online time keeping that we recently changed over to. Cherie is well deserving of the Employee of the Month and represents the tribes well."

Accepting the award for Cherie was Gaynell Stonecalf, Staff Accountant.

Pictured l-r: Gov. Eddie Hamilton, Gaynell Stonecalf, Treasurer, Kay Mackety, and Lt. Gov. Cornell Sankey.

Dept. of Housing
Alvin Reynolds, Maintenance Technician

"Alvin has been employed with the Housing Authority since 2012. He handles all maintenance responsibilities at the facilities located in Clinton. He is a very dedicated employee and is not afraid to work after hours and weekends. The Housing Authority congratulates Alvin for this achievement."

Pictured l-r: Gov. Eddie Hamilton, Alvin Reynolds, Housing Specialist Joscelyn Tapaha, and Lt. Gov. Cornell Sankey.

Dept. of Social Services
Jason Oncro, Food Distribution

"He is very well rounded and always on time. We nominated Jason Oncro for the month of December."

Pictured l-r: Gov. Eddie Hamilton, DOSS Exec. Dir. Nikki Factor-Navarro, Mallory Miles, and Lt. Gov. Cornell Sankey.

Dept. of Education
Everett Moore, Technical Specialist
Language Program

"Everett Moore is a great asset to the Language Program. He's very passionate and meticulous when it comes to his recordings, artwork and technology he always wants the best quality in everything he does. I'm very proud of his work and his willingness to help other programs in any capacity he can. He has great ideas and I really value his input. We are blessed to have him in the Language Program."

Pictured left: Everett Moore

December EMPLOYEES OF THE MONTH

Dept. of Administration
Mikki Rhoads, Vehicle Inventory Specialist
Property and Supply

"Mikki is relatively a new addition to the Property Office. This young lady works her socks off every day. From carting boxes to the truck to deliver to programs, to looking at tribal vehicles in the parking lot, to checking property tags of items in various offices."

Pictured l-r: Gov. Eddie Hamilton, Mikki Rhoads, DOA Exec. Dir. Cecil Gray, and Lt. Gov. Cornell Sankey.

Dept. of Health
Maria Farmer, Tribal Strategic Prevention

"Maria is being recognized as the December DOH Employee of the Month for her quick ability to grasp the inner-workings of a new job and have the ability to transition in to a leadership role. She has faced some challenges but has proven that she is capable of handling those challenges with a caring attitude."

Pictured l-r: Gov. Eddie Hamilton, Maria Farmer, DOH Exec. Dir. Nicolas Barton, and Lt. Gov. Cornell Sankey.

Dept. of Social Services
Andrea Patterson, Executive Director Assistant

"The person we nominated for the month of November is very compassionate and a very hard worker and I appreaciate all that she does."

Pictured l-r: Gov. Eddie Hamilton, Andrea Patterson, DOSS Exec. Dir. Nikki Factor-Navarro, and Lt. Gov. Cornell Sankey.

Dept. of Housing
Erica Sheridan, Administrative Assistant
Independent Living Center

"Erica has been employed with the Housing Authority since 2011. She assists the residence in many areas and recently accepted additional job responsibilities within the administration. She is a very dedicated employee and is not afraid of challenges. The Housing Authority congratulates Erica for this achievement."

Pictured l-r: Gov. Eddie Hamilton, Erica Sheridan, Housing Specialist Joscelyn Tapaha, and Lt. Gov. Cornell Sankey.

Dept. of Treasury
Dolores Reiner, Analyst III
Per Capita Office

"Dolores works in the per capita office. She was nominated becasue she does exceptiional work. She is able to handle any situation and was one of the workers who worked around the clock to make sure tribal members got their per cap checks last week."

Pictured l-r: Gov. Eddie Hamilton, Dolores Reiner, Treasurer, Kay Mackety, and Lt. Gov. Cornell Sankey.

Dept. of Education
Timothy Yeahquo, Counselor
Vocational Rehabilitation

"Tim is dedicated to making Vocational Rehab his career and is currently enrolled in a Vocational Rehab graduate program. Tim is always willing to assist his co-workers with any task at hand and with a smile on his face. He always has a positive attitude and is a great asset to the program."

Pictured above:Timothy Yeahquo

Congratulations
To The November & December
Employees of the Month

Dept. of Enrollment
Norma Black, Research Specialist

"Norma is one of our Research Specialists. Her duties are to research applications and encode them into our database. Since she's been with us, and with her helping our other research specialist, our quarterly enrollment has gone up. Norma us always very friendly and helpful with every one and at times can be hilarious. Norma is a great asset to the Department of Enrollment."

Not Pictured

ATHLETES SPOTLIGHT

Together Everyone Achieves More

Interview & photo by Rebecka Lyman

Eric Martinez, senior is part of another fine season for Thomas Fay Custer High Schools football team. The right guard and defensive end represented the Terriers defensive line to help lead the team to the 2014 state title.

When did you first begin playing?

I have been playing since the fifth grade.

What is it about the sport that you love the best?

That it takes a lot more than one person; you always have to rely on someone else to be able to make a play.

What has been your biggest accomplishment in the sport so far?

Winning state.

What is your GPA (if known)?

I don't know it.

What is your biggest accomplishment in the classroom so far?

Showing up to class and getting it done.

What are some of your goals, (sports, life, school)?

Making my family proud in all the things that I do.

What actions are you taking to reach these goals?

Be the best person that I can.

What has been the most exciting game you have played in?

Our semi final game against Wynnewood, it was a real close game. They were driving down on us, but we were able to make some good plays in the end zone and we won the game.

What is the best advice you have ever been given and who gave you that advice?

My coaches are always saying do your best and you will go far.

Who or what inspires you the most?

My grandma Carol Rice, she has always been there and is always supportive with our family.

What work out routine do you have for training in your sport?

Lifting every morning, lots of running and conditioning to keep in shape.

What are one or two things in your training, that you feel are keys to you being successful in your sport?

When our team is all working out together and everyone having the same determination of the same thing.

What is your favorite meal before or after a game?

Mom's feed us on Thursday's and they always have lots of good food.

Who has had the biggest impact on your life?

My grandma once again, I can always count on her.

What are some of your hobbies (what do you like to do when not playing sports)?

I work at Mercer so that takes up a lot of my time.

What kinds of music do you enjoy listening to?

I listen to all kinds music, before games I always listen to all types of songs to help me get focused and pumped up on the game.

What is one thing about you that no one else knows?

I am really a little nerdy.

If you could change one thing in the world, what would it be?

We could have won state more than once.

What do you someday dream of doing?

Owning my own business so that I can be my own boss.

Who is your favorite athlete of all time?

My uncles, Craig Penner and Jack Edwards. They both ran track and played football for Thomas and were both real good. They both still hold records in track.

Which team is your favorite team?

I like the Texas Longhorns and San Francisco 49ers.

What are your plans after graduating high school?

I am going to SWOSU to be a physical trainer.

What would be your advice to younger kids coming up behind you?

Always listen to what they are told and do it. To also stay out of

TRIBAL TIDBITS

Danny Charley

Honorable Mention for 2A All Conference Football, Danny Charley, Senior at Kingston High School in Kingston, Okla.

Calf is Born

Pictured left: Cheyenne & Arapaho tribes Farm and Ranch Field Superviser Forrest Fire holds the new female calf.

The Cheyenne & Arapaho tribes Farm and Ranch Program are proud to announce the birth of a new calf named Snowflake, born Dec. 30, 2014.

NEW WATER LINES

New water lines for the Cheyenne & Arapaho tribes water plant were being installed on Jan. 12, 2015